



**PARTICIPATION**  
**150**  
PLAY LIST

# “BRING A FRIEND TO THE RINK”

**ON-ICE PLAN**

The "Bring a Friend to the Rink" event is a collaboration of Hockey Canada and ParticipACTION, to celebrate the participation in the sport of ice hockey across Canada.

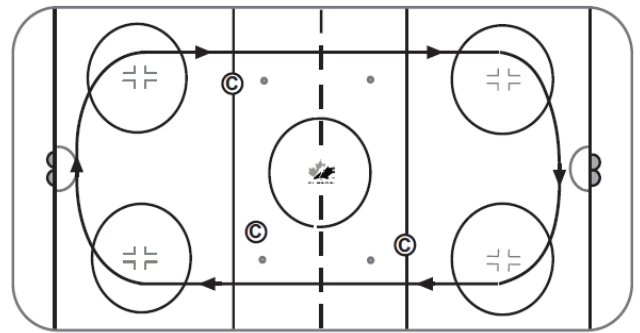
Through a series of on-ice experiences taken from Hockey Canada programming, the objectives of the on-ice experience for each participant are:

- To have fun while playing hockey and engaging in physical activity.
- To learn the fundamental skills required to play the game of hockey.
- To be introduced to the fundamental concepts of hockey.
- To celebrate Canada's national winter sport.
- To have FUN.

**10 MIN WARM-UP**

**FREE SKATE**

Skate clockwise direction; between blue lines touch knees, sitting position, touch toes, speed up. Can do with or without pucks.



**20 MIN SKILL STATIONS #1**

**1. EDGE CONTROL**

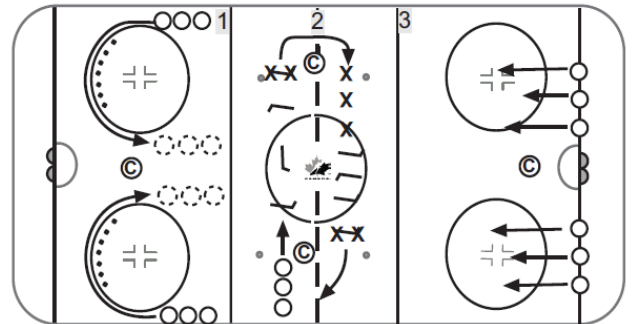
Arrange pucks as shown along ¼ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

**2. OBSTACLE COURSE**

Review and demonstrate 2 safety precautions for falling: fall forward - "Hands out, Heads up" and fall backward - "tuck the chin". Arrange sticks and pylons as diagrammed. Players go over 1st stick, spread skates at 2nd, and over 3rd, slide under the obstacle on stomach "hands out, heads up". On return players go around pylons, over the sticks, and slide under the obstacle on stomach.

**3. SCOOTING (1.3.01)**

Review and demonstrate key points. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time. Repeat using other foot.



20 MIN

## SKILL STATIONS #2

### 1. PIGGY BANK RACE

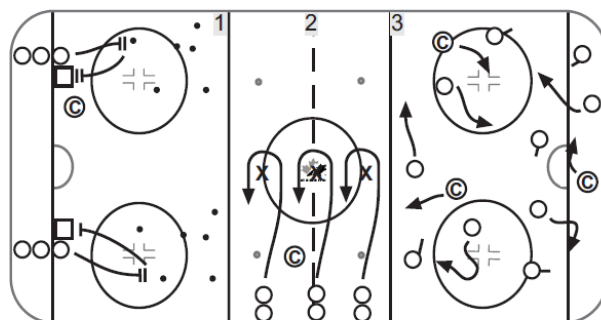
Divide players into teams. Start with players kneeling in a line beside their box, crate or pail (the "piggy bank" - small openings are better, forces the player to stop). Equal number of pucks ("coins") for each team placed across the ice. On signal 1st player races to the pucks, executes 1 foot stop, picks up a puck and returns to the bank, stops and deposits coin. Next player goes. First team to put all the coins in the bank wins.

### 2. V-START/TIGHT TURNS (1.3.02/1.6.02)

Review key points of front start and tight turns demonstrate. Players partner off. Place pylons 1/2 way across ice - 1 pylon for every pair of players. On signal 1st player in each line opens skates into "V" position and takes 4-5 running strides and continues to pylon, executes a tight turn around pylon and returns to partner who then goes. Review form and correct flaws. Continuous drill. Halfway through change direction of turn. Run relay race. Count proper executions of tight turns by each team in time limit (speed helps but proper execution of skill is what counts). Repeat race executing turns the other direction.

### 3. TAG

Toilet Bowl Tag - Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).



10 MIN

## FUN GAME

### SCRIMMAGE CROSS ICE

No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).

